



**HealthQuest**

**Wellness Champion Network**

**Monthly Webinar**

Thursday, June 9<sup>th</sup> - 11:00-11:45 am

## Agenda

- ❖ **Leadership Development**
  - ❖ *With Special Guest Jack Bastable*
- ❖ **Focus Group Updates**
  - ❖ *Food*
  - ❖ *Work/Life/Energy*
- ❖ **June HQ Seminar**
- ❖ **June EAP Webinar**
- ❖ **EAP – Quarter 3 - Resiliency!**

**As a leader, what are you saying with your body language?**



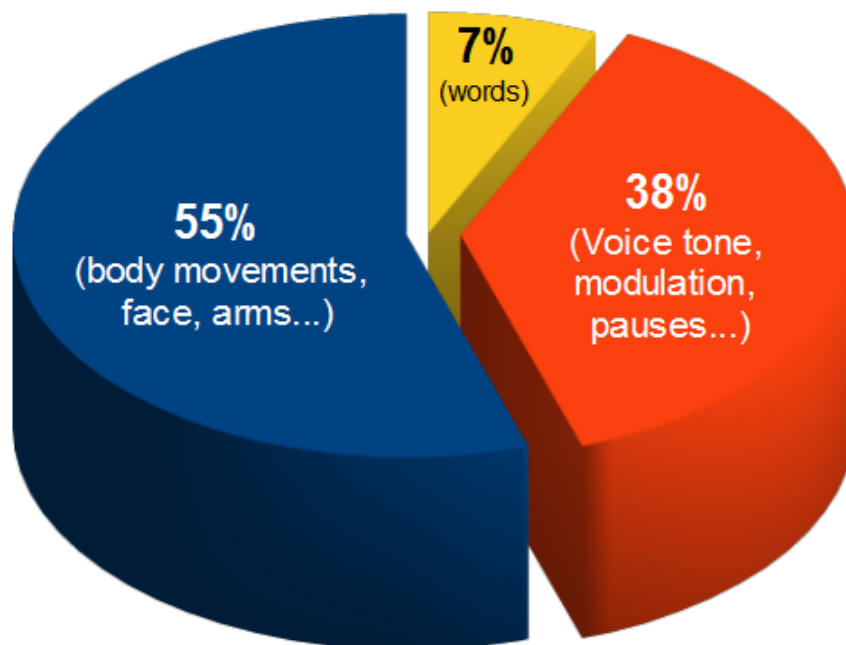
Amy Cuddy's research on body language reveals that we can change other people's perceptions — and even our own body chemistry — simply by changing body positions.

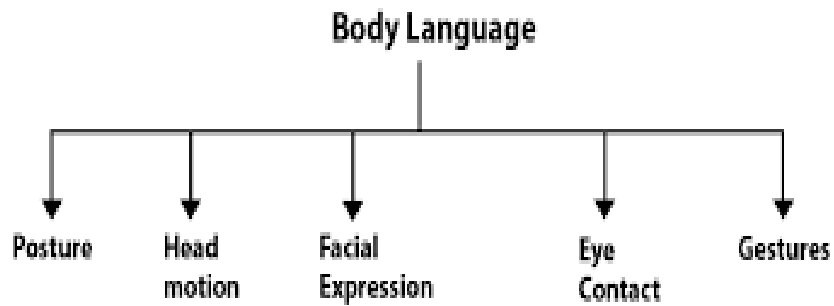


How your body language can change  
how you feel as a magician.



MagicShop.co.uk





### Features of Body Language



## Resources

### Presence, Bringing Your Boldest Self to Your Biggest Challenges

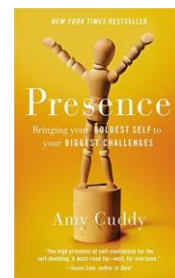
Amy Cuddy

<http://amycuddy.com/presence/>

### Your Body Language Shapes Who You Are

TED Talk by Amy Cuddy

[https://www.youtube.com/watch?v=Ks-\\_Mh1QhMc](https://www.youtube.com/watch?v=Ks-_Mh1QhMc)

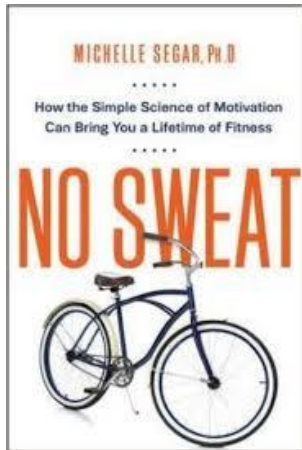


### **Body Language**

[https://www.mindtools.com/pages/article/Body\\_Language.htm](https://www.mindtools.com/pages/article/Body_Language.htm)



## Focus Group Updates



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## June 2016 Seminar

[Library](#) > [Tools](#) > [Seminars](#) >

### Better Health, Less Money

Seminar · 1 Credit Last Reviewed: 05/31/2016

You don't need to have a lot of money to live healthier. Learn budget-friendly ways to improve your health. From workouts that don't cost a dime, to mega-healthy meals for pennies, you'll learn ways to live healthier without breaking the bank. Print out this [handout](#) to help you follow along. [Transcript](#)



Active Living



Healthier Diet

**Seminars** help you take action to make healthier choices. Plus, you can earn credits! Listen carefully and you'll ace the quiz at the end.

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## **June 2016 EAP Webinar**

**Tuesday, June 21<sup>st</sup>, 2016, 3:00 p.m.**

### **Gratitude: A Skill for Happier Living**

**Gratitude is a skill anyone can learn  
as an alternative to regret and fear.**

*We can focus on the positive elements of our lives with a few simple practices. Providing sincere compliments can help us build relationships and be grateful for others. Rather than being grateful because we "ought to," we can choose gratitude as a way of looking forward to each day.*

Register at: <https://attendee.gotowebinar.com/register/1392077750986289923>

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### **Your Employee Assistance Program Quarter 3 – Resiliency Campaign**



## Resiliency

**Resilience is more than coping; it's about confronting crises and difficult situations without getting overwhelmed by them**

Check out [www.guidanceresources.com](http://www.guidanceresources.com) (Company ID: SOKEAP)

- “Resiliency Resource Guide”
  - Everyday Stress, Tough Economic Times, Grief and Bereavement, and more
- On Demand Training Resources – 5-10 minute training modules
  - Coping With A Crisis Or Traumatic Event, Helping A Loved One Through Difficult Times, and Stress - A Way of Life or Fact of Life?



## Resiliency Quarter Webinars

### Tuesday, July 19 @ 11:00 am - The Art of Patience

Many of us are impatient at times. And when we lose control of our patience it hurts not only us, but those around us. With practice, you can learn to be more patient in your life.

### Thursday, August 25 @ 11:00 am - How to Deal with A Difficult Person

Learning to recognize and cope with common difficult behaviors in ourselves and others can help make difficult encounters much more manageable.

### Thursday, September 22 @11:00 am - How to Receive Criticism and Make it Work for You

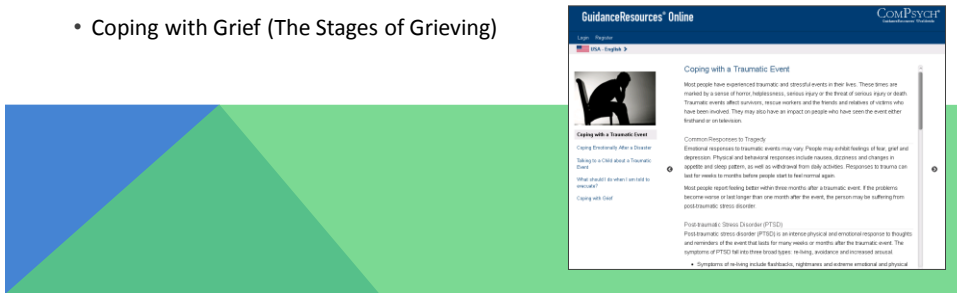
This workshop will help you explore why we become defensive, deliver tips for knowing when your “hot button” has been pushed and how to accept and integrate useful criticism. The training will also instruct through examples and/or role plays.



## Interactive Resiliency Tools

### GuidanceResources Online - Crisis Portal

- <http://www.guidanceresources.com/crisis>
- Features web versions of the most relevant and popular help sheets that are regularly utilized post-disaster:
  - Coping with a Disaster (Common Responses to Tragedy, PTSD)
  - Coping Emotionally After a Disaster (Recognizing Signs of Disaster-related Stress)
  - Talking to a Child about a Traumatic Event (Understanding a Child's Emotions)
  - What should I do when I am told to evacuate?
  - Coping with Grief (The Stages of Grieving)



## EAP Resources For The Entire Family

The EAP is available to you and your Family!

Did you know the EAP can assist with fun topics as well such as planning a vacation, summer camp information, and even sports safety tips for kids?

The Summer Resource Guide can provide tips and information to guide you through the season.





## Thank You for Joining Our June Meeting!

Next Meeting is **Thursday, July 14<sup>th</sup>**

✓ 11:00-11:45 am

*Secret Question:*

Open Questions/Comments

